



# ANDDA

AMERICAN NIGERIAN DWARF DAIRY ASSOCIATION

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## Advice from a Farm Coach

By Sarah Ivan Zastrow

Farming can be tough. Time-away is scarce and the days are long. A study conducted by the International Journal of Environmental Research estimates that 1 in 4 people experience mental health issues each year. If that statistic were applied to farmers, 25 percent would struggle with mental health issues annually.

Whether it is due to burnout, sleep disorders, anxiety, depression, or physical pain, the bottom line is how to recognize and effectively deal with symptoms of stress. I spoke with Sarah Zastrow, a Farm Coach that specializes in this specific type of stress.

*What is the easiest way to get started working on balance?*

First, we need to look at how we think about balance. Balance is not 25% to work, 25% to family, 25% to farm and 25% to ourselves. Balance is doing the right thing at the right time and being fully present where your feet are at. Work when you are at work, be with your family when you are at home. It's being fully present at dinner with friends and when you do self-care, do the kind of self-care that fills your cup. As for home care tasks such as cleaning, laundry, cooking, dishes, and chores, find a good routine that works for you and your family. Balance is also more about done than perfect, and more about boundaries and time limits than we realize. One thing that I do is set a timer and tackle a task for that amount of time. Then, move on. For example I set a timer for 20 minutes and speed clean my house, fold as much laundry as possible, do dishes, sweep floors, clean stalls, reorganize, file, etc. By powering through these care tasks it makes them more bearable because it feels like some sort of competition, it also helps us to build momentum in other areas plus, we can do anything for 20 minutes right?

*How do you set realistic goals?*

There are several different types of goals. SMART Goals, BAG's, even New Year's Resolutions are a type of goal. What I like to do is set a huge goal; sometimes referred to as a BAG, aka Big Audacious Goal. Then I reverse engineer a plan to achieve it. I set micro-goals as milestones that get me closer to that BAG goal. After you achieve each of these

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### Youth Contest Winners

We had many wonderful entries into our first annual ANDDA Youth Contest! Thank you to all of those who participated and we hope that the feedback you received from the judges can help you with your ADGA entries (if you choose to enter that contest.) We are hoping to have even more youth enter next year!

#### *Photography:*

- 1<sup>st</sup>- Londyn S.
- 2<sup>nd</sup>- Michael S.
- 3<sup>rd</sup>- Anthony B.

#### *Essay:*

- 1<sup>st</sup>- Paul G.
- 2<sup>nd</sup>- Anthony B.

### 2020 High Point Participants and Youth Ambassadors

Last year we faced a lot of difficulties; between Covid affecting many shows and a change in Youth Chair, year end, high-point was a challenge. Because of this, we decided to recognize everyone that participated. All participants will be receiving their ANDDA Youth shirt soon, as well as the 2020 youth ambassadors.

**\*\*Remember to be submitting show points at the end of each show this year to be eligible for the 2021 High Point Awards\*\***

#### *Point Participants:*

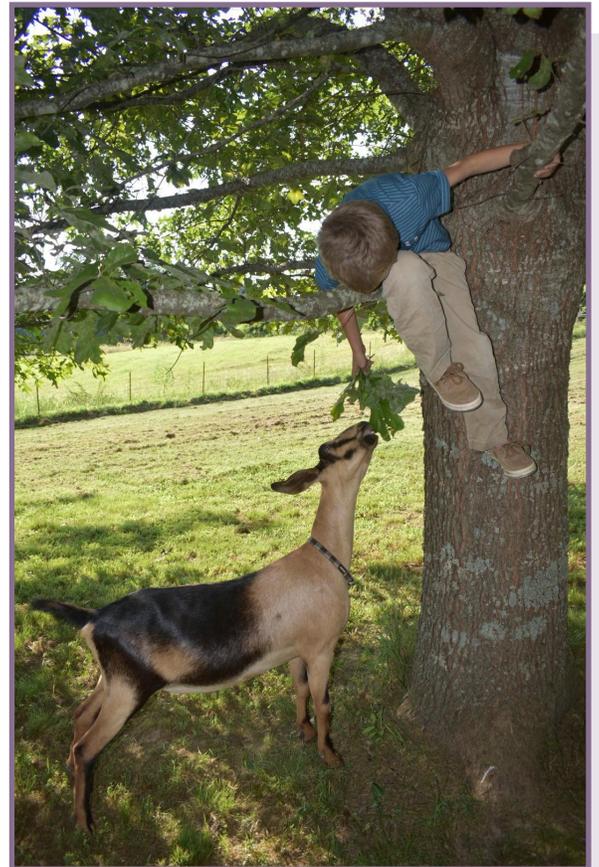
- Daphne B.
- Payton L.
- Baylee N.
- Easton N.
- Alicia B.
- Paul G.

#### *2020 Youth Ambassadors:*

- Savannah C.
- Cade C.
- Emily K.
- Paul G.
- Makenzie M.
- Baylee N.

#### Youth Participation

We really want your feedback about what we can do to encourage more youth participation...what types of activities would you and your youth like to see? We have lots of ideas but would like some ideas from the youth and their families directly! Send us your ideas and help us make the Youth program incredible! Going forward, we will be keeping track of those who participate in



different activities throughout the year and will be giving away participation prizes. One idea we are working on now is a monthly Kahoot! quiz that will be great practice for showmanship questions as well as a great learning opportunity for all youth. We will be posting a link for the quiz on the Facebook page every month.

## Elections

Our election results are in, and we congratulate Elizabeth Hobby-Wicker, our new Eastern director and Melanie Coward Bohren our new Western director! Jane Bailey will continue as our Vice President since she ran unopposed.

Heartfelt thanks goes out to Clare Staveley and Logan Meyer our outgoing directors for their dedication to the Nigerian Dwarf breed. Thank you for your service to our breed club.

### Evaluation Segment—*Dairy Strength* by Cameron Jodlowski

**A****B****C****D**

Answers page 6

## A Clean Machine

By Jason Porter, Capralite

We spoke with Jason Porter of Capralite about the best ways to clean a milk machine. While there are many machines on the market and different ways of cleaning, this is just his recommendation.



### ***When pulling out the milk machine after a break from milking, what should you check?***

When bringing your machine out from storage, check to ensure insects and/or other critters such as mice or rats haven't damaged any of the components. Especially the rubber, plastic parts or electrical cables. Inspect carefully. If any parts have been chewed or clogged replace them. Inspect for Mold and clean the machine. Even a machine in storage often will be covered in dust and dust harbors fomites that cause disease.

Finally, check for proper operation. Check for proper vacuum level and adjust if necessary. Proper levels should be between 10-12 hg

(Inches of Mercury) on your vacuum gauge. If a proper vacuum cannot be held then check for vacuum leaks. Check with your machine manufacturer for assistance in doing this. Common locations for leaks are gaskets and filters. Find and replace parts as necessary.

### ***How often do you inspect/replace hoses and inflations?***

Inspect hoses and inflations each use daily. If you notice any mold, clean. If you notice any tears or holes, replace. Hoses can last for several years if cleaned daily, weekly and monthly. However over time Hoses and inflations can discolor and present an undesirable appearance. Over time these will begin to deteriorate based on the type of materials used to make the hoses and inflations. I have seen some hoses last four or five years but we prefer to replace them approximately ever two to three milking seasons. This way we are replacing them before they begin to deteriorate and cannot be sanitized.



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*Milk Machine (Continued from page 4)*

### **What is a good cleaning method?**

Cleaning your machine should be a daily event, however there are some things that need to be done weekly, monthly and at the end of the season. Each time you clean your machine you should flush the hoses after milking with water and dish soap such as Dawn dishwashing liquid. Then flush the soapy lines with clean water. This gets the daily (or multiple times a day) milk out to help prevent milk (some call it butterfat) buildup. We do not recommend using bleach daily as this can deteriorate the hoses and inflations quicker. Wash your milking bucket and wipe down your machine. Some machines come with a vacuum filter that is between the pail and the pump. Check this at each milking to ensure milk did not get into it. If milk gets into the filter at anytime clean it immediately.

Weekly we recommend running a small amount of food processing sanitizer. There are many on the market but we like Star San. It is a combination of Phosphoric acid and Sulfonic Acid and can be easily found on Amazon.

Monthly we recommend using a similar technique that Ms Terry uses at Oldesouth Farm. Using a simple hydroponics pump (that can be found on Amazon or your local hardware store) immerse it into a bucket of water (warm is possible) with the following cleaning solution 'recipe' of ingredients. Run the pump for about 5 to 15 minutes submerged with the



hoses and inflations attached to the pump and it will circulate the cleaning solution throughout the hoses. If you have valves that can be turned off more than one way then be sure to allow the solution to run with the valves turned both ways to get it clean on both sides. The recipe we use is approximately  $\frac{1}{4}$  Cup Calgon, 1 Cup Bleach,  $\frac{3}{4}$  ounces of Star San and a squirt of Dawn all in about 3 gallons of water.

At the end of every season, clean your machine thoroughly. Ensure that all parts are completely dry and free of moisture before it gets stored away to prevent mold. Store your machine in a place where insects cannot get into it if possible and where rats and mice cannot chew on it. If any parts are in

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## ANDDA TOTAL PERFORMER 2020



SGCH Oldesouth Blue Amber  
2\*M, 2\*D



SGCH CB'S ARL STORM-  
STRUCK 2\*M



SGCH Farm Oldesouth Blu  
hot Passion 3\*M



GCH GCH RAINEY VALLEY  
SGW CINNAMON 2\*M

**2021 ADGA  
National Show  
Nigerian Dwarf  
Total  
Performer:  
SGCH  
Springwater BL  
Janie's  
GotAGun**



### Evaluation Segment Answers

Judge Cameron Jodlowski placed four does on Dairy Strength based on the ADGA scorecard.

Looking at this class of aged Nigerian Dwarf does, placing them specifically on their DAIRY STRENGTH- we can see vast differences in their dairy strength in these animals. In terms of their Dairy Strength, the animals are placed D-C-A-B. D excels C in a close placing of their dairy strength due to the sharpness in the withers and the leanness of the neck. In her thigh, she also shows us more in-curvingness of the thigh compared to the second place animal.

C over A shows us more depth into her flank as compared to the 3rd place doe. Furthermore, she shows more proper angulation of rib back to her flank than the doe behind.

A over B in her dairy strength she shows us more lustrous hair. Additionally, even though this is a picture taking, you can tell that animal A has more desirable texture of skin- even without getting your hands on the animal. Animal B needs to be commended for her angularity throughout.

## Sue Rucker JUJU Awards 2020

The JuJu Awards for 2020 have been announced. The ANDDA breed club recognizes those animals who excel in the milk pail with an annual award based upon their lactation volume in either milk or butterfat.

The 2020 Lifetime Award winner is SGCH WitchWind FB Laffy Taffy 2\*M 2\*D. The Lifetime requirement is to milk at least 5,000 pounds of milk or 250 pounds of butterfat. This is a one-time award.

Sires who have at least 3 or more daughters qualifying for JuJu awards will earn the JuJu Sire designation. The following sires met the requirements in 2020: Castle Rock Blue Ice, SG Lost Valley C Egypt +\*B +\*S, Farm Oldesouth M Soleil, and Buffalo Clover D'Artagnan.

*Milk Machine (Continued from page 5)*

need or replacement, do it now before the mad rush of kidding season happens. This way you have time to get your parts in and are ready when the kids come!

### ***Is there anything else I didn't ask?***

One thing that can be quite handy with your milking machine is the "Cable Brush". This is an invaluable tool in cleaning your hoses when running cleaning solutions through just won't get it. It is essentially a small brush designed to fit inside of your hoses attached to a long cable to reach the entire length of the cable. Another small "bottle brush" or small tubular brush to get those short hoses comes in handy too. Another thing to keep handy are plenty of wash cloths. They come cheap at most discount stores and come in very handy when cleaning your machine and parlor.



*For most items listed in this article, they are available from Capralite. Please visit us at [facebook.com/capralite](https://www.facebook.com/capralite) and join our Capralite Parlor discussion group on facebook.*

*Farm Coach (Continued from page 1)*

micro-goals suddenly your BAG doesn't seem so big. Start with something you can achieve by the end of the week. The point of goals is to push ourselves, but we need to create momentum and small wins along the way. These can be done in all different areas of our lives. For example a BAG Goal would be to save \$5,000 cash for an emergency fund. My micro-goals would be to A. clean out closets, B. Clean out the garage C. List things for sale on Facebook Marketplace, D. Hold a garage sale E. Attend a tack swap sale, F. Create a household budget and/or a farm budget etc. Then save, save, save.

*Type A personalities—how to tamper it to avoid burnout?*

For any type of personality or mood change we want to implement there are three steps I recommend. 1. Ask yourself "why does this matter to me right now? Then, sit with the answer and really process it. Sometimes it's okay to let that type A win. If you are ready to change it then Step 2 is: remind yourself of your values and priorities. Something tells me, time with family, faith, farming, friends, community is more important to you than having things absolutely perfect. Step 3: Remind yourself "Done is better than perfect". You can change this to some type of mantra that resonates with you. Other examples are: "let it be", "I'm okay with the rest, I'm okay with the mess", "other things

are more important", "I am already worthy, perfection has nothing to do with it".

*How do you put principle to practice?*

The hardest part of putting a new practice in place is remembering to do it! At first, when we want to try something new we get excited and that excitement keeps us motivated. Then after a bit, that excitement fades and we simply forget. So, set a timer in your phone or a calendar reminder. Additionally, be sure to reward yourself for sticking with it. Create a weekly and/ or monthly reward. Not only does this help to keep us motivated, but rewards are stored in a different part of our brain so having them in place, doubles our likelihood of success.

*Who and How to Ask for help.*

Asking for help is like a muscle, the more we do it, the more comfortable it becomes. At first, just do it, ask for help, even if it's uncomfortable. Why? Because you deserve it and for the most part, people are happy to help out. Humans are herd animals we need to depend on each other. So, start by choosing a trusted friend or family member for a quick and easy favor. Then, swap rides or meals. Before you know it you'll trade babysitting with another couple and their kids once a week so you can

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*Farm Coach (Continued from page 8)*

both have a date night. We CANNOT do this life alone. Asking for help will give you more freedom than you ever thought possible.

*How do you take time for yourself without feeling guilty?*

First off, I want you to know, you are not alone. Second off, I want you to think about when you are at your absolute best. It's probably when you are well rested, well fed, your stress is at a minimum and you have had time with friends and you are on the same page with your significant other. Am I right? Now, how do you get those things? Rest, food, stress relief, time with friends, a date night, maybe freshly manicured nails, a new outfit and you being at your best takes time and effort. That time and effort is not a waste, it is an investment in YOU. So pick a day in the next two weeks where you can carve out a couple hours and ship the kids off to their friends house, grandma's house, or a helpful neighbor. Make this place somewhere they want to go, so there is no need to feel guilty. Plan out what you are going to do and do it. Every time you feel a hint of guilt about spending that time or energy, remember this is an investment, you are investing in a "full cup" and you will be a better person, parent, farmer, friend, coworker, etc on the other side.

*How important is nutrition and sleep when managing stress?*

It's important, make it a priority. I could talk about this for days but we will keep it simple here. Trouble sleeping is usually related to stress. Sleep is tricky because the more you "try" to sleep, the less sleep you will get. So, give yourself the opportunity to sleep 7-8 hours and control your stress. We all know with a good night's sleep you can work harder, faster, stay focused and get more done. Stop trying to fool yourself, you are not the exception.

As for nutrition there are a million rules here. Most of which are made up crap by some blogger trying to sell you something. Nutrition at its core, is simple. Nourish your body with fruits, veggies, carbs and meat. Stick to intuitive eating. If you want ice cream, eat ice cream and enjoy it, but if you are using food to avoid boredom, work, pain, emotions etc, then tackle those root issues first.

*How important is a self-care routine?*

Self-care should work for your budget, your schedule and your life. It should be a sustainable routine every day or at least a few days per week. Each day, I spend between 10-60 minutes per day in self-care depending on my schedule. On a 10 minutes day, I do a daily gratitude practice while my coffee brews first thing in the morning. Next, I read a few pages of my book. In the evening, when I am relaxing (usually watching tv with my family), I stretch and tell

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*Farm Coach(Continued from page 9)*

myself three things I did well that day. That's it, simple, easy, and requires very little time. If I have more time I like to take a bath, listen to a true crime podcast, paint my toenails, or touch base with a friend. Notice everything I have listed off so far is free and I do not have to leave my house. Every couple weeks I take it up a notch, I like to take a class to get creative, I have lunch with someone special in my life and or get a massage. Self-care is vital, it should also be simple, enjoyable, and occur regularly.

*What are signs you are getting overwhelmed?*

This is different for everyone. For me, my mood is the number one indicator. I get angry, grouchy and short tempered with others. For some people headaches, shoulder tension, back pain, or TMJ sleep problems, acne, anxiety or depression are some of the signs. My advice, get to know your signs so that you can catch your overwhelm and do something about it before it becomes a bigger issue.

*How do you say No and mean it?*

Saying No is like a muscle, the more you do it, the easier it becomes. Think about how easy it is to say "No" when you have a conflict of schedules. "Hey, can you help with the picnic on Saturday?" "No, sorry, we have a wedding out of town that day" This is easy peasy right? As long as we can pull the emotion (aka

guilt) out of the equation, then saying no is easy. Guilt is the tricky part. Now, the thing about this type of guilt is that we don't want to let others down. The key is to thank the person for thinking of you and provide an alternative solution. This way, you give them a little confidence boost for being kind enough to think of you, this makes us feel good because we can provide that boost for others. Then by providing an alternative solution you are not letting them down you are leading them to the right answer. For example: "Can you help with the picnic on Saturday?" "No, I cannot, thank you for thinking of me though! I know the kids in 4H are looking for volunteer opportunities, you can post in the club Facebook Group to get some extra volunteers". See how different that feels? If we can separate the problem from the guilt, the problem itself is easy to solve, by helping to solve the problem you can let go of the guilt.

*What is the best way to get unstuck from negative thinking?*

Negative thinking is meant to keep us safe. It is meant to help us plan and avoid harm. With that being said, reprogramming our biological need for safety is not easy, it's faster to acknowledge it and work around the fear. What I like to do is think about the worst case scenario and make a plan for if it were to come true. Then, I think about the best case scenario, then in reality, what will actually, most likely happen? Step 1: Let the Negative Nancy that lives inside of us have the

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*Farm Coach (Continued from page 10)*

microphone and say her peace. Step 2: Make a plan for what you would do, if that were to actually happen. This is the purpose of negative thinking, it helps us identify and plan for bad situations, by allowing that part of our brain to take over for a minute or two, it has fulfilled its job and therefore it's easier to move on. Step 3: What is the best case scenario? Step 4: In reality, what will most likely, happen? Negative thinking is good, it helps keep us alive and fed. However, it is not meant to take over our lives. When you catch yourself sinking back into a negative thought pattern, remind yourself, "I have a plan for this, so I don't have to worry anymore". Step 5: Sing your favorite song to lift your mood even higher. Music is one of my favorite tools, it is one of the only external things that we can use anytime and anywhere, that is designed to elicit an emotion. Singing or even thinking of a happy or cheerful song is a powerful mood booster.

*How can I know if it is seasonal depression or something bigger?*

This is a great question. First things first, always consult your physician, only a true diagnosis from a licensed medical provider can answer this question, remember there is no shame in getting help for your mental health. Additionally, seasonal depression is often thought of as a lack of vitamin D. The majority of people who live in the Northern and Mid United States are Vitamin D deficient. Some things you can do are, get a vitamin D light, take a

Vitamin D supplement, get some fresh air and sunshine and eat foods rich in Vitamin D such as dark leafy greens, eggs, white beans, salmon, perch, trout, and fortified foods like orange juice, dairy, oatmeal, and breakfast cereal. Other things you can do are exercise, pay attention to what you consume on television and social media, keep a gratitude practice, talk openly with a friend and find a great therapist.

*Is there a time of year depression is more prevalent? What can I do proactively?*

People tend to struggle with depression more in the winter time. One thing that I cannot stress enough is the importance of light in your home or wherever you spend time. On the severe days, turn the lights on. It seems simple but most people don't do it. Personally I prefer warm or Yellow Light bulbs. Also, if your space is grey and cold feeling, maybe think about changing it. Color psychology is real, although it contradicts modern HGTV Style it's important and it makes a huge difference with depression. Other simple things like stocking up on Vitamin D supplements and Vitamin D rich foods you can help to minimize the deficiency. Also, purchase things like a Vitamin D light, soft blankets, a nice candle, a puzzle, essential oils, Epsom salts or bath bombs and other self-care items help because you will have these things in your home on the days that depression really feels heavy. I cannot say it enough, but consult your

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*Farm Coach (Continued from page 11)*

physician and get counseling if you need it. Between a great therapist and a daily afternoon walk, I am able to remember that the dark days of winter and not permeant.

*The last thing I have is free time. But.. How important are hobbies?*

Get one, get two, get fifteen! Hobbies are essentially a way that we can express ourselves creatively, physically, emotionally etc. We need this and because our lives are so busy we tend to skip them, don't do that. There is tons of research and data to back this up, but at the end of the day, ask yourself, what helps me to feel alive? What makes me loose track of time? What activity brings me the most joy? Now, do more of it.

*Sometime I'm so busy I don't feel I give my family enough attention. How do I take time away from the farm or "date night?"*

Being on the same page, laughing, and truly enjoying time with your spouse or significant other is imperative to the success of your farm and your family. Even if it's as simple as chicken nuggets for a date night in or drinks after the kids go to bed, make time for each other. If it's your budget that is stopping you get creative, there are tons of free things to do together. If it's your schedule stopping you, take a look at your priorities. Now, I'm not asking you to take a week's long vacation in the middle of kidding season. There is a

seasonality to this of course, but during a normal month make the time. You need it and your spouse needs it.

*Certain times of the year I'm lucky if I remember to brush my hair. Sometime that gets me in a rut that I don't want to go out in public. This is probably more of an issue for ladies, but what are some tips?*

Find something that makes you feel wonderful, wear it and don't apologize for it. As a female, I often times wear earrings in the field, I know someone who wears lipstick every day simply for the sake of feeling put together. Whatever makes you feel feminine, do that.

As for the guys out there, you do you. Don't feel weird about being the only guy in a crowd of ladies.

*What if only one partner helps on the farm or you are single?*

If you are single and doing everything solo keep in mind first off, you are awesome, you are killin' it, and keep up the good work. Secondly, don't beat yourself up, ask for help and prioritize self-care.

If you are in a relationship and you are the primary farmer, do all of the above, plus communicate with your partner about your needs. Tell them when you are feeling exhausted, when you need a hot meal, when you need support, etc. They probably have no idea how hard you are working.

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*Farm Coach (Continued from page 12)*

*How do you juggle off-farm work, family, and farm life?*

Be present where your boots are and take things day by day. Worrying about things, trying to catch up or sneaking in a phone call, email, or meeting here and there may be causing you to have unhealthy boundaries. Get clear about your priorities, draw boundaries and do the important things. Sometimes there is flexibility and sometimes you get stuck between a rock and a hard place. You have to determine which thing is more important at that time.

*What have I not asked about that is important?*

One thing that I get asked sometimes is, how do I re-ignite my passion if I sometimes feel burnt out?

First, identify what is causing you to feel this way. Some things are temporary, some require innovative solutions, some aren't worth the battle and we can consolidate, sell or change things up. For me, I was getting super frustrated because with our pen situation it took me forever to do chores. After I realized this was the problem, I changed around some gates, fixed two fences and all of a sudden my life was easier and chores were quicker. Unfortunately, it took me six months of frustration, anger and feeling downright burnt out to realize it. So, slow down and identify problem areas. Then, take the

emotion out of it (we will process this later) and solve the problem at hand. Later, after the problems are solved, journal out or talk with a friend about emotions, frustrations, fears, etc that linger.

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I have two podcasts. One is called 'Cultivate with Sarah Zastrow' for general stress and the other one is called 'Throwing Wrenches Mending Fences' and that one is all about farm stress and balancing farm life with the rest of the world.

<https://www.throwingwrenchesmendingfences.com/> and <https://www.micultivatebalance.com/>

Facebook

<https://www.facebook.com/groups/2295514594092240>

Instagram

<https://www.instagram.com/throwingwrenchesmendingfences/>

Pinterest Page:

<https://www.pinterest.com/micultivatebalance/>

YouTube Channel:

<https://www.youtube.com/channel/UCMVcExxS1xgVghkFXO7e>

Tiktok: <https://vm.tiktok.com/ZMevsHpyW/>

# Recipe of the Month—Goat Milk Fudgsicles

By: Dawn Robnett, [Mesquite Valley Farm](#)



## Goat Milk Fudgsicles

We are going to finish off this summer season with a good old fashioned, time honored summer dessert enjoyed by young and old alike. This easy and delicious recipe was submitted by Karen Goodchild of [OK Doe K Goats](#).

### INGREDIENTS

- 2 cups goat milk, goat cream, or any combination of the two
- 2 tablespoons cocoa powder
- 2 tablespoons sugar
- 1 cup semi-sweet chocolate chips

### INSTRUCTIONS

In microwave safe bowl, or large measuring cup, heat milk on high until hot but not boiling, about 2 minutes.

Remove from microwave and whisk in cocoa and sugar until completely blended.

Pour milk mixture over chocolate chips and stir until chips are completely melted. Let mixture cool for 5 minutes then pour into popsicle molds and freeze until completely frozen, about 6-8 hours. If using wooden sticks you will need to let your posicles freeze for about 1-2 hours before placing the sticks so they will stand up.

We're on the web  
[www.ANDDA.org](http://www.ANDDA.org)



*PROMOTING THE  
NIGERIAN DWARF  
BREED SINCE 1996*

Editor:  
Karen Goodchild  
OK Doe K Dairy Goats

Please let us know if you have a  
comment or article idea!

*Showmanship*

**Question of the Month:**

What parts of the body does Dairy Strength cover?